



The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

www.kvrotary.org



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CONTINUE DUCK DASH? Email John Dungan <johndungan@sbcglobal.net> if you are interested in providing suggestions at a Zoom meeting scheduled for Tuesday, August 24, from 5-6 pm. He will provide the link for the meeting. (Debi Boughton will be working with Ernie Hughes on this effort.)

FLAGS: Jeff Romine said our flags should go up on/about September 1 for Labor Day through Patriots Day. He encouraged us to approach our neighbors to sell subscriptions then. Jeff anticipates having 172 or 173 flags displayed.

MARIE MURPHREE ON ALZHEIMER'S DISEASE

Matt Eichor introduced fellow club member Marie Murphree. Marie is the director of development/planned giving in Truman's Office of Advancement. She is also a senior associate director of the Alzheimer's Association Greater Missouri Chapter.

Marie told us Alzheimer's Disease is a specific brain disease that accounts for 65-80% of dementia cases. She said 6.2 million Americans over the age of 65 (one in nine people) are living with Alzheimer's and 72% of those are over the age of 75. Almost 2/3 are women. Black Americans are twice as likely, and hispanics 1 1/2 times as likely as white people to have Alzheimer's or other dementias. By 2050 it is projected that 12.7 million people will have Alzheimer's Disease. Diabetics and Down's Syndrome people are at higher risk. Marie spoke about memory loss that affects daily life and challenges patients have including: planning and problem solving; difficulties in completing familiar tasks; confusion with time or places; trouble reading visual and spatial cues; new problems with words and misplacing items and not being able to retrace steps to search for them. Judgement changes and mood and personality changes are prevalent. She also spoke about caregivers and the toll it takes on them.



Marie gave us these tips to keep our brains healthy: make exercise a part of your routine, take a class, don't smoke, take care of your heart, play safe (use seat belts, helmets), eat a healthy diet, sleep seven hours each night, take care of your mental health, stay socially active and challenge your mind with new games or puzzles or learn a new hobby.

For more information about Alzheimer's Disease, visit alz.org or call 1-800-272-3900.

50-50 Drawing: Larry Whitney did not pull the ace of spades; pot now up to \$981.

Guests:

Devon Coulson & Emily Stewart (new KLIFE directors)

Upcoming Programs:

Aug. 25: District Governor Visit/Noon & 7 pm social
Thousand Hills Dining Lodge

Sept. 1: Arts at Truman/Lyceum

Sept. 8: Linda Treasure/Red Barn Arts & Crafts Festival

Sept. 15 & Oct. 13: TBA

Oct. 20: Michael K. McGovern/Polio Plus (via Zoom)